DIG FOR VICTORY LEAFLET No. 4

# PEAS AND BEANS

PEAS and beans are valuable garden crops. As both green and dried seeds, they constitute the most nutritious of all vegetables. They contain flesh building and energizing elements, and they should therefore occupy an important place in the family garden.

The green pods of the dwarf and runner beans are protective foods and should be eaten freely during their seasons.

## PEAS

Although peas thrive on soil which has been well cultivated and manured, they can be grown successfully in freshly broken land if it is deeply dug and well broken up. Early digging is important, no matter what the land, for peas prefer a well consolidated soil. If manure is to be given, dig it in during the autumn or early winter.

A sweet, non-acid soil is best for peas, so apply lime if the soil needs it. Superphosphate (3 parts) and muriate of potash (1 part) make a valuable fertilizer. Apply at the rate of 3 oz. per sq. yard in the early spring.

### Varieties

Peas grow to various heights: dwarf, medium and tall. In view of the expense of sticks, the dwarf and medium are the most suitable for gardens and allotments. They can be supported by fewer sticks or by string stretched on short stakes inserted at intervals either side the row. The following can be recommended :—

*FIRST EARLY*—Sow February and March :

*Meteor, Superb, Forerunner, Foremost.*

*SECOND EARLY*—Sow in March :

*Pioneer, English Wonder, Little Marvel, Kelvedon Wonder, Progress, Peter Pan, Thomas Laxton.*

*MAINCROP*—Sow in April :

*Onward, Duplex, Senator, Advance Guard, The Lincoln.*

For late crops, sow *Meteor, Little Marvel* and *Onward* in June.

If peasticks are available at little cost, satisfactory tall varieties are *Pilot*, *British Lion* and *Gradus* as earlies; *Alderman*, *Admiral Beatty* and *Lord Chancellor* as maincrops; and *Autocrat* and *The Gladstone* as lates.

### Raising the Crop

A golden rule is never to sow the peas in wet soil; wait until the soil has dried and works freely. Sow in broad flat drills from 2 to 2½ in. deep, made with a draw hoe. Sow thinly, spacing the seeds evenly.

If mice are troublesome, shake the seed in a tin containing a little red lead or paraffin. Birds will attack the germinating seeds as they come up, so protect the rows with black cotton stretched on sticks about 6 in. above the soil; or use pea guards.

Space the rows of peas according to their height; 2 ft. for the dwarf, 3 ft. for the medium and 5 ft. for the tall varieties. Keep the soil well cultivated between the rows and keep the pods picked as they mature.

### Dried Peas

Special varieties, such as *Harrison's Glory* and *Lincoln Blue*, are grown. The haulms are pulled when all the pods are mature and hung up to dry in a shed or greenhouse. Shell out the peas when perfectly dry, pick over for blemished grain and store in a cool, dry place.

### Seed Requirements

One pint will sow a row of 90 ft.

# BEANS

Several kinds of beans are grown for food: broad beans for their green seeds; dwarf (or French) beans for both the green pods and the dried seeds (Haricots); and runner beans exclusively for their green pods. Included in the dwarf bean group are the so-called Haricot beans which are grown for the sake of their dried seeds, the green pods being of low edible value.

### BROAD BEANS

Two types of broad beans are freely obtainable—the Long-Pod and the Windsor. Recommended varieties of these classes are *Early Long-Pod* and *Broad Windsor*, the first named being suitable for the earliest crops.

Well drained and deeply dug soils are necessary for broad beans, but manure is not required unless the soil is very poor.

As a rule, the crop does best when grown on land that has been well manured for a previous crop, such as potatoes. The plants respond to a light top dressing of nitrate of soda or sulphate of ammonia just before they come into flower.

The earliest and often most successful crops of broad beans are obtained by sowing in the autumn (from the end of October to the end of November), followed by a second sowing during February. For these sowings, use a Long-Pod variety such as *Early Long-Pod* or *Seville Long-Pod*.

Further crops are secured by continuing the sowings until about mid-April, using the Windsor type.

Where severe winters have to be contended with, early crops of broad beans may be secured by sowing in cold frames in November and December and transplanting to the open ground in March.

It is best to sow the seed in angled rows with a distance of 6 in. between each plant. Angled rows should be 2 ft. 6 in. apart, but if single rows are used, 2 ft. will suffice between them.

Sow in holes made 2 in. deep with a dibber, dropping one good seed in each hole. As soon as the plants begin to blossom, the tops should be pinched out both to assist setting and to ward off attacks of Black Fly.

### Seed Requirements

One pint of Long-Pod beans will sow a single angled row about 50 ft. long, and 1 pint of Windsor about 40 ft.

## FRENCH (OR DWARF) BEANS

These beans prefer light, deeply-worked but fairly rich soils of a warm character. Varieties such as *Canadian Wonder, Ne Plus Ultra,* and *Masterpiece* are readily obtainable and are suitable for use both as green beans and for dried Haricot beans, the two latter varieties particularly being useful for the production of dried Haricots.

The plants of these beans are tender and should not be sown in the open until mid-April, successive batches being sown until the end of June.

Rows should be 2 ft. apart, and the spacing of the plants in the rows not closer than 9 in. Sow with a dibber, or in a shallow trench drawn with a hoe, about 2 in. deep. By placing two seeds at each interval, a regular stand of plants can be secured. Pull out the weakest when growth is sufficiently advanced.

When grown for green pods, keep the plants closely picked, otherwise they will cease to bear. A light mulching of the surface soil will be of great assistance to them. Watering will also prolong the crop.

It is worth noting that the seeds of some French beans are useful for consumption in the green stage, like peas. There are several suitable varieties, such as *Green Gem* or *Green Flageolet,* but the seeds of *Masterpiece* and *Ne Plus Ultra* are also quite palatable in the green stage.

## HARICOT BEANS

In addition to the French beans *Masterpiece* and *Ne Plus Ultra,* such special varieties as *Dutch Brown* and *Comtesse de Chambord* are particularly suitable for the production of Haricot beans. They are grown in the same way as other dwarf beans, but the green pods are not picked, all being left to mature seeds. At the conclusion of growth the plants are pulled and dried off. When perfectly dry the pods are shelled and the beans stored for use in a cool, dry place.

### Seed Requirements

One half-pint will sow a single row of at least 100 ft.

## RUNNER BEANS

Under normal garden cultivation, these beans provide prolonged and heavy pickings of green pods which are particularly useful. They require good soil and do best when grown where the soil was trenched with a good dressing of well rotted manure worked into the bottom spit.

Suitable varieties are *Scarlet Emperor*, *Prize-winner*, *Best of All* and *Ne Plus Ultra*, the seed of which is readily obtainable.

The plants are very tender and seeds should not be sown in the open until May, although early crops may be secured by sowing in boxes in a frame or a greenhouse and transplanting later. In the open, sow the seed in double rows with 9 in. of space between the plants.

If double rows are used, it is considered an advantage from the point of view of staking to put the plants opposite each other. If single rows are used, the plants should stand 12 in. apart. It is a mistake to overcrowd runner beans. Seeds are best sown in a trench and should be placed 2 in. deep.

Runner beans produce best when supported by stakes or other facilities to enable them to climb, but they can also be grown as dwarf plants by pinching out the growing shoots as they appear. When this is done the yield of pods will not be so heavy. Stout, straight stakes 6–8 ft long, without branches or twigs, are the best for runner beans. Stakes are inserted against each plant and slightly inclined so that they converge at the top.

During dry weather, runner beans derive great benefit from watering; in fact, dryness at the roots is often responsible for the flowers dropping and failing to set. Keep the beans closely gathered as they mature, so as to prolong cropping.

### Seed Requirements

One pint will sow a single row of 100 ft.

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